



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19014, Snacks, fruit leather, rolls

Report Date: June 26, 2017 15:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 21g	1 small 14g
Proximates						
Water 1	g	10.20	1	--	2.14	1.43
Energy	kcal	371	--	--	78	52
Energy	kJ	1551	--	--	326	217
Protein 1	g	0.10	1	--	0.02	0.01
Total lipid (fat)	g	3.00	17	0.510	0.63	0.42
Ash	g	0.90	17	0.042	0.19	0.13
Carbohydrate, by difference	g	85.80	--	--	18.02	12.01
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	49.16	--	--	10.32	6.88
Minerals						
Calcium, Ca	mg	32	17	1.164	7	4
Iron, Fe	mg	1.01	17	0.115	0.21	0.14
Magnesium, Mg	mg	20	17	0.843	4	3
Phosphorus, P	mg	31	16	1.230	7	4
Potassium, K	mg	294	17	11.212	62	41
Sodium, Na 1	mg	317	1	--	67	44
Zinc, Zn	mg	0.19	7	0.012	0.04	0.03
Copper, Cu	mg	0.171	7	0.006	0.036	0.024
Manganese, Mn	mg	0.184	7	0.020	0.039	0.026
Selenium, Se	μg	0.4	--	--	0.1	0.1
Vitamins						
Vitamin C, total ascorbic acid 1	mg	120.0	1	--	25.2	16.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 21g	1 small 14g
Thiamin	mg	0.084	--	--	0.018	0.012
Riboflavin	mg	0.020	1	--	0.004	0.003
Niacin	mg	0.100	1	--	0.021	0.014
Pantothenic acid	mg	0.029	--	--	0.006	0.004
Vitamin B-6	mg	0.300	6	0.073	0.063	0.042
Folate, total	µg	2	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	0	0
Folate, DFE	µg	2	--	--	0	0
Choline, total	mg	13.2	--	--	2.8	1.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	6	--	--	1	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	34	--	--	7	5
Carotene, alpha	µg	1	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	57	--	--	12	8
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	41	--	--	9	6
Vitamin E (alpha-tocopherol)	mg	0.56	--	--	0.12	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	18.2	--	--	3.8	2.5
Lipids						
Fatty acids, total saturated	g	0.672	--	--	0.141	0.094
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	1	--	0.000	0.000
14:0	g	0.010	1	--	0.002	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 21g	1 small 14g
15:0 ¹	g	0.002	1	--	0.000	0.000
16:0	g	0.340	1	--	0.071	0.048
17:0 ¹	g	0.004	1	--	0.001	0.001
18:0	g	0.300	1	--	0.063	0.042
20:0 ¹	g	0.010	1	--	0.002	0.001
22:0 ¹	g	0.006	1	--	0.001	0.001
Fatty acids, total monounsaturated	g	1.480	--	--	0.311	0.207
14:1 ¹	g	0.002	1	--	0.000	0.000
16:1 undifferentiated	g	0.000	1	--	0.000	0.000
17:1 ¹	g	0.004	1	--	0.001	0.001
18:1 undifferentiated	g	1.480	1	--	0.311	0.207
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.552	--	--	0.116	0.077
18:2 undifferentiated	g	0.430	1	--	0.090	0.060
18:3 undifferentiated	g	0.120	1	--	0.025	0.017
18:4	g	0.000	--	--	0.000	0.000
20:3 undifferentiated ¹	g	0.002	1	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Food and Drug Administration (FDA), DHHS FDA Study on Labeling, 1996